



And We're Off!

## Walk Indiana Week 1

Are you ready to Walk Indiana? The program kicks off in Northern Indiana where you will be virtually walking from Bremen to Syracuse. Here are the details:

**Virtual Route:** Bremen to Syracuse

**Total Miles:** 22.2

**Total Steps:** 44,360

**Daily Step Challenge:** 7,000 steps per day

**Days to Complete:** 6-7 days

The best way to get 7,000 steps daily is to move as much as possible from the moment you wake, to the moment you go to bed. Take the stairs rather than the elevator this week. Park farther away at the grocery store, schedule a walking meeting, do some house or yard work, or take an after dinner walk around the neighborhood.

### Your Weekly Push

"You don't have to see the whole staircase, just take the first step." –Martin Luther King, Jr.

**Physical activity Tip:** *STRETCHING* is essential to any exercise routine because it helps prevent injury and increases your range of motion, flexibility, balance and coordination. Be sure your muscles are warm before you stretch. A sufficient warm up increases your heart rate and breathing rate, while preparing your muscles, joints, and tendons for an aerobic activity

**Nutrition Tip:** If you really want the strongest bones and best performing muscles when you exercise, you'll need plenty of foods rich in these critical nutrients: calcium, Vitamin D, magnesium and potassium.

Smart Snacks for Bones & Muscles:

- Peanut butter on whole wheat toast
- Nonfat yogurt with sunflower seeds and strawberries
- Handful of almonds and vegetable juice.

